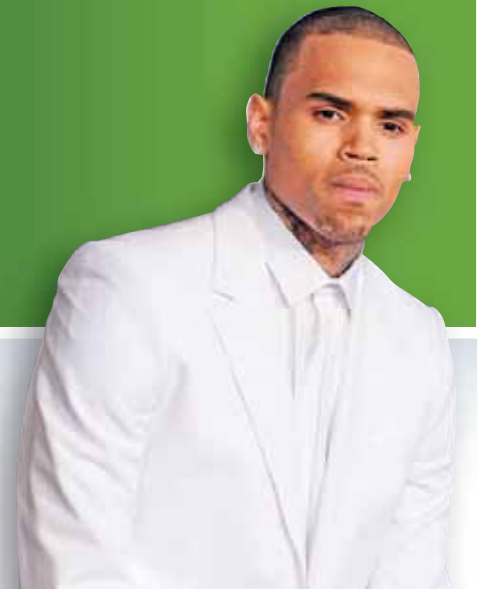


HALIFAX metro

NEWS
WORTH
SHARING.

Grieving family hails 'justice'

Relatives of Sammy Yatim, fatally shot by a Toronto cop in July, react to officer's being charged with murder **PAGE 8**

Movie tackles glass ceiling ... in voice-overs?

The next frontier for women: 'voice of God' for trailers **PAGE 12**

Rainmen go big at NBL draft

Halifax nabs two power forwards with top picks, team owner dubs one a 'beast' **PAGE 17**

SAY GOODBYE

CHRIS BROWN CANCELS CANADIAN CONCERTS — REPORTEDLY FOR HEALTH REASONS, LEAVING ENERGY RUSH CONCERT POSTPONED BY A YEAR **PAGE 3**



SOMETHING TO SMILE ABOUT

Acting Finance Minister Graham Steele smiles as he fields questions after releasing a fiscal update in Halifax on Monday. Nova Scotia is forecasting a surplus of \$18.3 million for this fiscal year, possibly setting the stage for an election call in the near future. Story, page 4.

ANDREW VAUGHAN/THE CANADIAN PRESS

From hip-hop to hut-hut

Ex-Palace nightclub to turn sports bar. HFX Sports hoping to score big with patrons



HALEY RYAN
haley.ryan@metronews.ca

This fall, HFX Sports Bar and Grill is planning to open its doors onto 11,000 square feet of circular booths, fireplaces, dining tables and televisions.

"The investment we're making into this location is going to be ... arguably the most ever spent in a bar restaurant in Nova Scotia," said Marcel Khoury, who co-owns the sports bar and neighbouring Alehouse with his brother Michel.

Located in the old Palace nightclub on Brunswick Street, HFX Sports will feature a two-storey wall of TV screens, with a huge 250-inch middle screen



A rendering of the inside of HFX Sports. CONTRIBUTED

playing the event of the day.

Khoury said the bar will have 90 more TVs such as those in private booths and in a living-room area with fireplaces and couches.

"There shouldn't be any spot that you sit at in this bar where you can't see a television, including stairwells and bathrooms," Khoury said with a laugh.

With that many screens, Khoury said the bar will show any live sporting event from

hockey to cricket or rugby in the hopes of bringing in fans who usually watch at home.

Khoury said the renovations will cost about \$2 million, and include a dining area where he hopes families can eat before Mooseheads games.

After looking at trends in the industry, the brothers decided to leave the dance club behind and go with a sports lounge idea in a glitzy, upscale atmosphere, but with food at a price similar they say to Boston Pizza.

Despite some business closures over the last few years, Khoury said the "future is bright" for downtown Halifax with factors like the new convention centre and Cogswell Interchange project on the horizon.

"We want to ... establish ourselves before all these huge developments are completed," Khoury said. "We wouldn't be making this investment unless we thought we'd be in it for the long haul."



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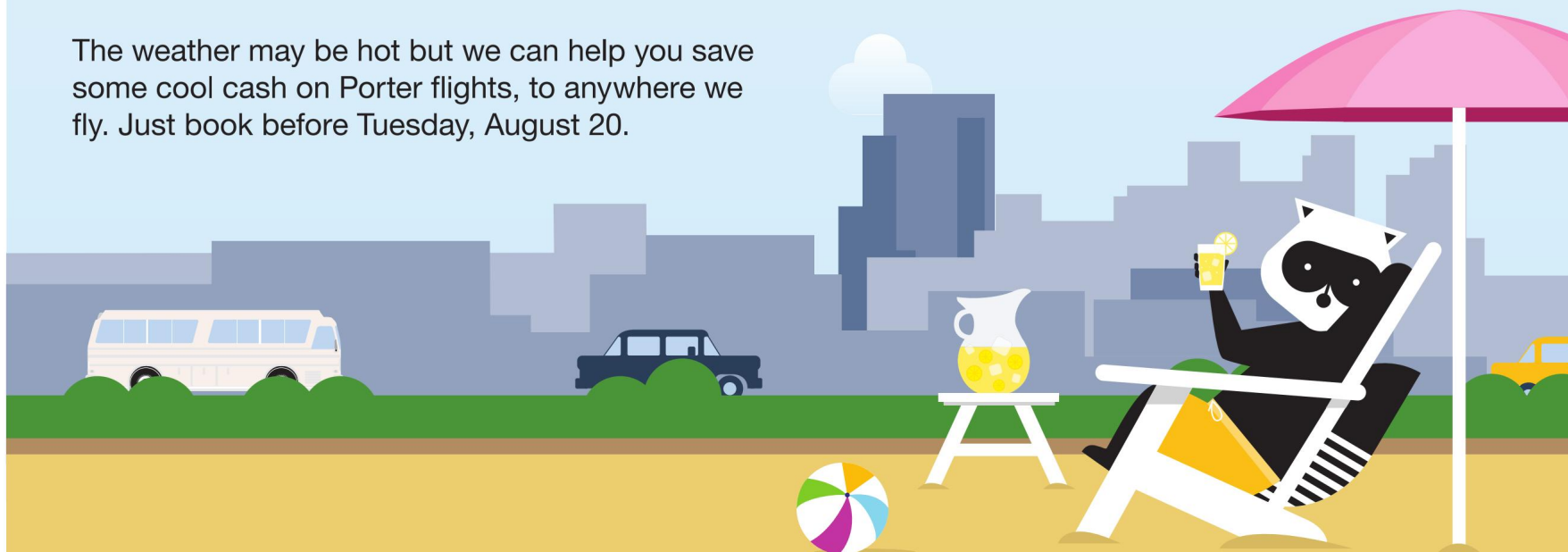
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Energy Rush concert off as Chris Brown cancels

'Disappointing.' The event, set for Alderney Landing on Aug. 31, is deferred as headliner pulls out of Canadian dates citing health issues

Quoted

"We will keep the lines of communication open and we have the utmost respect for him as an artist."

Stephen Tobin, owner of Drop Entertainment Group

The one-year deferral of the Energy Rush concert series and the absence of headliner Chris Brown is "disappointing" says the concert's organizer.

Stephen Tobin, owner of Drop Entertainment Group, says the decision to cancel the upcoming concert at Alderney Landing on Aug. 31 and shows in Winnipeg, Toronto and Saint John, N.B., is because of the singer's health-related issues.

"This is an internal conversation that we've been having with Chris and his team, and at this time ... there's a multitude of personal issues, including health-related matters, that prevent him from being able to perform at these festivals," said Tobin in an interview.

Without the headliner, the show could not go on, he said.

Brown and his history of violence has been the controversial focal point of the concert series.

The 24-year-old Kiss Kiss singer pleaded guilty to assault of fellow artist and then-girlfriend Rihanna in 2009. He

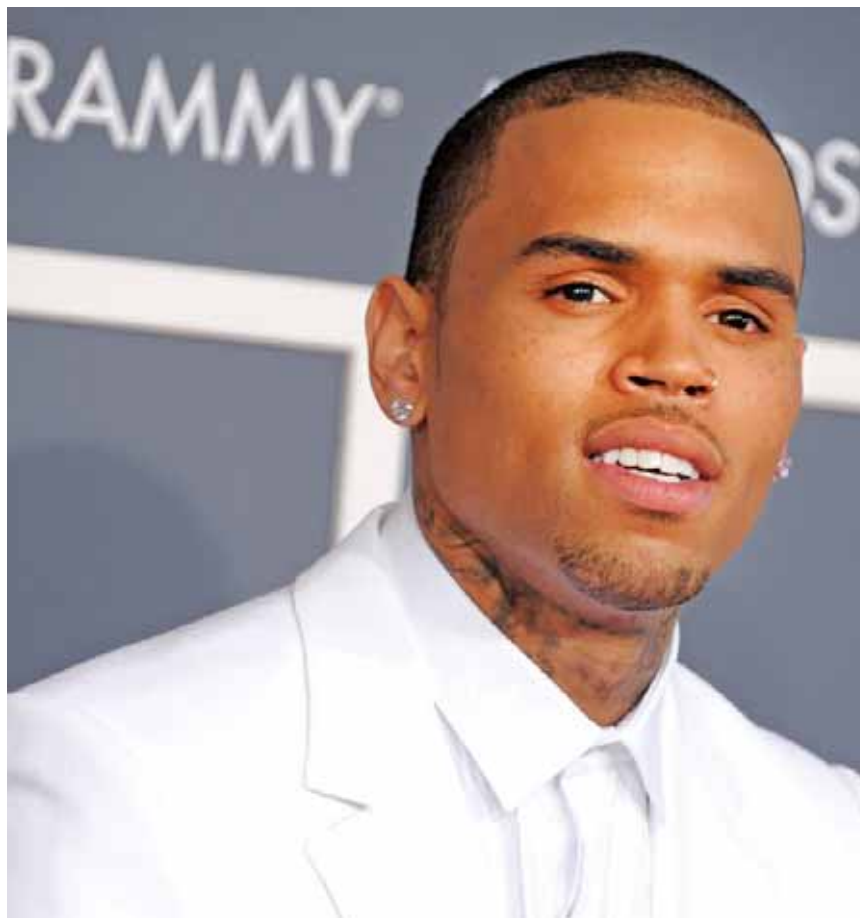
was sentenced to five years' probation, six months of community service and one year of domestic-violence counseling. Last Friday, a judge reinstated Brown's probation and sentenced the singer to an additional 1,000 hours of community labour.

Tobin says Brown's most recent probation sentence "is not necessarily related" to the cancellation of the concert. He also said the pulling of support from four corporate sponsors did not affect the decision.

"It's undoubtedly an unfortunate conclusion given the overwhelming amount of public interest, excitement and momentum we were experiencing for all festivals in all markets," he said.

Tobin wouldn't say whether any of the same performers — including Brown — would be on the roster for next year's Energy Rush concert.

Refunds for all scheduled events will be available at original point of purchase starting Thursday. **CLARK JANG/FOR METRO**



In this file photo, Chris Brown arrives at the 55th annual Grammy Awards in Los Angeles in February. The singer has pulled out of Canadian tour dates, including a planned stop in Halifax. THE ASSOCIATED PRESS

Reactions on social media

"He's facing real consequences for his actions, social repercussions hit performers hard even when the legal system doesn't."

Liam Fisher, via Facebook

"Ridiculous. If people didn't like him or support him then they just simply did not need to go! ... I hope this doesn't scare off future artists from coming here!"

Gloria Sudsbury, via Facebook

"If you're going to stop every artist from performing because of what they have done in the past, then good luck having any artists show up here at all."

Jamil Sinno, via Facebook

"I think the show should have went on without him. There's still other great performers on the bill. It's no fair to them."

@matdey1980, via Twitter

"Yes! Definitely glad! Perhaps he will get the message, we don't like wife beaters and never venture this way. Good riddance."

@VernaStryde, via Twitter

Be on alert

Police warn of string of break-ins

Halifax Regional Police are asking Haligonians to be vigilant in the wake of a string of break-and-enters.

Police have been alerted to nine residential break-and-enters in Halifax's north end since Aug. 1.

"The majority of these cases, the suspects are com-

ing in through either an open window ... or through unlocked doors," said Lauren Leal, spokesperson for HRP.

Police are reminding citizens to activate alarms and secure their doors and windows when they go out.

Investigators currently do not have any suspects but do believe the break-and-enters are connected. Anyone with information is encouraged to contact police.

CLARK JANG/FOR METRO

Paul Trevor Calnen

Suspect in Reita Jordan murder appears in court

The 50-year-old Hammonds Plains man accused of murdering his girlfriend will return to court in early September to set a date for a preliminary hearing.

Paul Trevor Calnen made an appearance in Halifax

provincial court on Monday in relation to the second-degree murder charge he faces in the death of Reita Jordan.

Jordan, 34, went missing from her Tantallon home in March. Her body has not been found.

Calnen, who is also charged with indecently interfering with human remains, has been remanded back to the Central Nova Correctional Facility. He is due back in court Sept. 3. **METRO**



Paul Trevor Calnen METRO FILE

1 NEWS

Power. Weekend outage in Spryfield thanks to copper-wire thieves

Over 12,000 people lost power Sunday when vandals broke into an electrical substation, a risk one Nova Scotia Power spokesperson says is "not worth taking."

Around 11 p.m. Sunday, Neera Ritcey said staff in the control centre noticed some "voltage fluctuation" in the Spryfield area and turned the power off while workers inspected the station on Denith Road in Halifax.

She said they discovered there had been trespassers in the station, and some of the wiring running from overhead equipment to the ground was cut and missing.

"Every such act is very serious, particularly from a safety point of view," Ritcey said in an interview Monday.

Crews worked to fix the damage and Ritcey said by midnight about 5,000 people had power restored, the rest following within a half hour.

It's on

Halifax Regional Police are now investigating the case, Nova Scotia Power says.

These types of incidents are dangerous not only for the thieves, but the workers as well because cutting the wires affects their grounding, Ritcey said.

She could not say exactly how much wiring was stolen or what the damages cost.

"It's an unnecessary expense that customers have to bear, and so it really isn't something anyone should be involved in," Ritcey said. "Anybody should understand it's not worth taking the risk because there can be a very significant cost in terms of safety to an individual and ... the general public."

HALEY RYAN/METRO

Bacteria. N.S. medical officer asks for inspection of Bayswater Beach

The Nova Scotia government is dispatching environmental inspectors to determine the source of bacteria fouling a popular seaside beach west of Halifax.

Dr. Richard Gould, the province's medical officer of health, says staff from the Bridge-water office of the Environment Department will assess Bayswater Beach to identify factors that could be contributing to higher bacteria counts.

Gould says it could be a case

No swimming here

Bayswater Beach has been closed to swimming since last Wednesday.

of naturally occurring surface bacteria.

However, he says inspectors can order property owners to fix problems if they spot a threat to the environment.

THE CANADIAN PRESS

STM Quest

Yarmouth-Maine ferry talks to begin

Nova Scotia's economic development minister says he is travelling to Maine on Tuesday for talks on the development of a new ferry service.

Graham Steele says he will spend time in Portland before a full day of talks on Wednesday with senior state officials including Gov. Paul LePage.

Last week, Steele said STM Quest was selected to set up and run the service between Yarmouth and Portland, potentially restoring a link to the U.S. METRO

The Blue Puttees

Marine Atlantic says damaged ferry will return to service this week

Marine Atlantic says repairs to a ferry that struck a wharf last month are complete and the vessel should return to service Tuesday.

The Blue Puttees was in drydock in Halifax after it damaged its bow when it ran aground in thick fog on July 31 while trying to leave Port aux Basques, N.L., for Cape Breton.

THE CANADIAN PRESS



Acting Finance Minister Graham Steele arrives at a news conference as he releases a fiscal update in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Province says it's on course for budget

\$18.3M. Opposition say they are not buying thin surplus projection

Zing!



"An update on a fantasy is still a fantasy."

Tory Leader Jamie Baillie

The NDP government is forecasting a surplus of \$18.3 million for this fiscal year in an updated economic forecast released Monday that could be one of the final pieces in the puzzle before an election is called.

The thin surplus for 2013-14 is \$1.9 million more than the government predicted when it delivered a \$9.5-billion budget in April.

Economic Development Minister Graham Steele, who is filling in this month as finance minister, said while revenues went down by \$9.6 million, expenses decreased by \$11.5 million.

For the entire fiscal year, he said the government is forecasting a \$9.1-million drop in departmental spending from what was shown in April's

budget. There is also a projected \$14.5-million increase in revenues from personal income tax for 2013-14.

"Some budget lines are up and some budget lines are down," said Steele. "But overall, there are no big changes, which accounts for why our balanced budget remains solid."

The latest projection covers

departmental spending from the beginning of April until July 21 and is based on economic growth forecasts that were done in early June.

The government has said it would release a fiscal update before calling an election.

The Opposition Liberals called for a new forecast before a Sept. 30 deadline, saying if an election is called, voters should know the state of the province's finances.

Steele said releasing the update weeks ahead of the deadline in September is not unusual, adding that it was released in early August by the previous Conservative government in 2007. THE CANADIAN PRESS

Nominations heat up for upcoming election



Liberal Leader Stephen McNeil
METRO FILE

Nova Scotia's provincial parties are wasting no time nominating their hopefuls for the upcoming election.

On Monday, the Liberal party announced they were the first to nominate all 51 candidates.

"These are Nova Scotians who care deeply about their province and their communities — individuals who are willing to devote their

personal time and energy to making our province a better place," said Liberal leader Stephen McNeil in a release.

The Progressive Conservatives have selected all but five of their candidates said Jim David, the party's executive director.

No one at the NDP office could be reached for comment Monday on the status of their candidate nominations.

By the numbers

51

The number of ridings for a provincial election.

Nominations remain open until 14 days before the election.

An election date has still not been announced. METRO

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After a couple sizzling hot weeks in early July, August probably feels like a breeze to many.

Environment Canada meteorologist Paula Sutherland says this has been the trend for the past few years and we can expect comfortable temperatures in the low- to mid-20s for the rest of the summer heading into the school year.

"There is a slight chance of above-normal temperatures, probably into the next 30 days," said Sutherland, explaining it may only be warmer by one to two degrees. She says normal temperatures in August into September range from 21 to 23 C.

Patricia Poirier, who was watercolour-painting at the Public Gardens Monday

Quoted

"I'm happy to be wearing pants in the evenings and I'm happy not to be dying of the heat when I'm trying to sleep."

Nicole Giacomantonio

afternoon, says this summer has been "marvellous."

"With the rain, we do need it because this is what makes everything so beautiful. And I think the gardens are much prettier this year than they were last," she said.

Nicole Giacomantonio, another Haligonian out enjoying a beautiful sunny Monday, is relieved the hot and muggy July weather that the municipality experienced appears to be over.

"When it was too hot you just want to sit in your cold basement and not do anything," she said. "So I'm actually enjoying myself and enjoying the weather more."

But not everyone thinks the summer weather has



People enjoy a warm summer August day by walking through the Public Gardens on Monday. EMILY KITAGAWA/FOR METRO

been A-OK. Jim Aucoin says he likes to golf and the rain,

much of which came in June, has made that difficult.

"It seemed that whenever I wanted to go it was raining,

and the courses were wet," he said.

SHAPE YOUR CITY

Call for Applications from Non-Profit Groups

WHAT: HRM is calling on non-profit community groups to submit their proposals for the potential future use of the St. Patrick's Alexandra site.

DEADLINE: Applicants have until November 12 2013 to submit their proposals (a total of 90 days).



HALIFAX
REGIONAL MUNICIPALITY

For a copy of the call for submissions document, please visit
www.halifax.ca/shapeyourcity

Harper says will prorogue Parliament, deliver throne speech in October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won't resume in September as originally scheduled.

Harper, who is currently on a weeklong swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the

Legislation affected

Senate reform legislation is just one of several bills that will die on the order paper.

- Other affected legislation includes changes to the Can-

ada Elections Act to establish new rules for political loans, and a private member's bill that would require labour unions to publish detailed financial information.

Conservatives made in the last election have been fulfilled, and so the time has come for a new parliamentary agenda, Harper told a news conference

Monday in Whitehorse.

"There will be a new throne speech in the fall," Harper said.

THE CANADIAN PRESS

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Granite & Marble Fabricator wanted for shop in Bayers Lake Park in Halifax. Full time employment, starting at \$15/hr Minimum 5 years experience.

Cook wanted for Greek Cuisine in Bayers Lake restaurant

Address: 15 Lakelands Boulevard,
Halifax, NS B3S 1G4, Canada
Job Type: Full-Time

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Address: 15 Lakelands Boulevard,
Halifax, NS B3S 1G4, Canada
Job Type: Full-Time

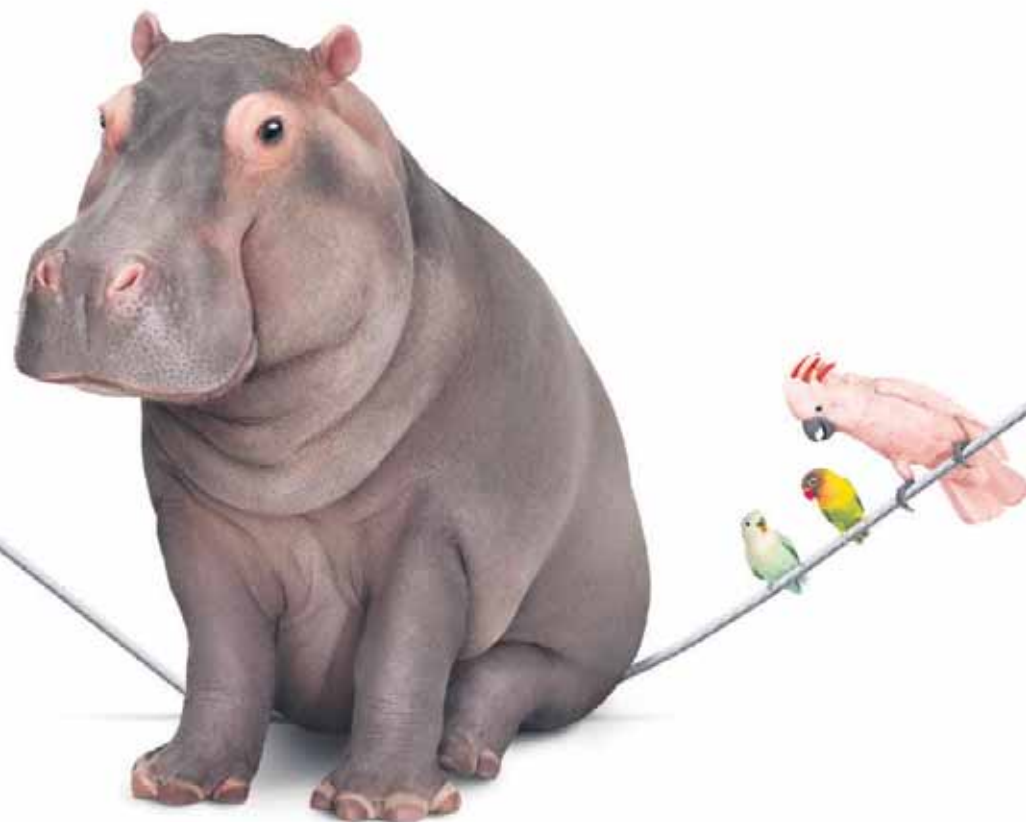
Pastry Makers specializing in Greek/Middle Eastern pastries needed for Pastry Shop in Bayers Lake Park, minimum 5 years experience, starting at \$13/hr.

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'Justice' served but fight not over: Yatim family

T.O. streetcar killing.

Scrutiny turns to other officers following the laying of murder charge



JESSICA SMITH
Metro in Toronto

When Sammy Yatim's family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated "justice" having been served, and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario's Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy's sister Sarah tweeted: "Good morning JUSTICE."

Later, Yatim's family released a statement saying they were relieved by the charges

Pressing further

"We want to work now to ensure that Sammy's blood wasn't wasted and to prevent any other families from enduring such a tragedy."

A statement from the family of Sammy Yatim

and calling for further investigation into "the supervising police officer(s) and the other officers in attendance for their lack of intervention."

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he'd already been shot and fallen to the floor.

That's enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people

who have been killed by police.

The SIU's mandate "is only to charge officers if they're involved with serious injury or death, and they figured, probably, that the Taser was what harmed Mr. Yatim," Rosenthal said.

The SIU's not investigating the sergeant doesn't preclude police from laying an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn't appear to use any de-escalation techniques.

"In my view, it's up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges," he said.



James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

Not enough Tasers?

Yatim's death has prompted questions from the public about the use of Tasers.

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- Toronto police Chief Bill Blair says allowing officers to be armed with Tasers may be one of the recommendations contained in the review of Yatim's death he has requested from retired associate chief justice Dennis O'Connor.

Follow along on Twitter

Watch @jessicacatherine on Tuesday morning for live updates from Const. James Forcillo's first court appearance.



Woman cried out before Oscar Pistorius shot her, court hears

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated-murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court



Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate's court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate's Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celeb-

rity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

The main charge laid by prosecutors carries a man-

Remembering the victim

The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.

datory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot "with the intention to kill a person," and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison.

THE ASSOCIATED PRESS

Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to "go live in a trailer in the woods" and even suggests her 13-year-old grandson be euthanized.

Millson's grandson lives with his parents in nearby Oshawa, but the boy has been

visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

India

Teen beaten to death over kite

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi on Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked

Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass to slice through others' lines. THE ASSOCIATED PRESS

Egypt. Officials may free jailed former president as violence continues

Jailed ex-Egyptian president Hosni Mubarak could be released later this week, judicial officials said Monday, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into insurgency.

The 25 were given a funeral with full military honours after a plane brought their bodies to an air base in eastern Cairo. Interior Minister Mohammed Ibrahim, who is in charge of the police, and the army's chief of staff, Gen. Sedki Sobhi, led the funeral.

The coffins of the victims were draped in Egyptian flags



Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

Muslim Brotherhood

Egyptian security officials and state television say the supreme leader of the Muslim Brotherhood has been detained. Officials say Mohammed Badie was captured early Tuesday (local time) in an apartment in the eastern Cairo district of Nasr City.

and, in a show of solidarity, were carried in the funeral procession by army soldiers and policemen. **THE ASSOCIATED PRESS**



'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. **RICCARDO DE LUCA/THE ASSOCIATED PRESS**

Railway tragedy in India. Train runs over pilgrims, killing 37; driver beaten

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.

THE ASSOCIATED PRESS



Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. **THE ASSOCIATED PRESS**



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Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals



KIERON MONKS
Metro World News

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen,



Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

"It's very different here, we

are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.



Tortoise wins the race

A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor \$10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation The Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal." SCREENGRAB/TIMHORTONS.COM

You owe me, Zuckerberg

Programmer hacks Facebook CEO's page to prove point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreatch just wanted to collect the \$500 US bounty the firm offers to those who disclose its glitches. But when Facebook ignored his first two reports, he hacked into CEO Mark Zuckerberg's page to prove his point. That cost him the bounty, but earned him job offers. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
96.69¢ (-0.03¢)

TSX
12,588.02 (-148.90)

OIL
\$107.10 US (-36¢)

GOLD
\$1,365.70 US (-\$5.30)

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YOUR SUBTLE TWEET SOUNDS SNARKY

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a problematic tendency to feel a lot like high school. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that refer to particular people without mentioning specific names or handles. The nuanced construction of the sub-tweet allows social-media users to call out others in an anonymous yet very public fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.



SHE SAYS
Jessica Napier
metronews.ca

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among

angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hands up! You are under the influence



COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue broke character at last weekend's Hempfest in Seattle, handing out crispy snacks at the iconic marijuana celebration — albeit with a request to not drive high — in honour of Washington's recent legalization vote. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering

new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been

around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.



My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently

excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle:

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter



guidance of parents.

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.o.s will get fat letters and the American Academy of Pediatrics will wonder why 7 y.o.s have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIsTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

DVD reviews



Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

•••••

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

•••••

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL



Lake Bell wrote, directed and starred in the film *In a World*. CONTRIBUTED

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is

like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, *In a World*, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over

even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In

the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of *In a World*... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called *The Amazon Games*) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait



to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a

range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS



Pauly D

Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning \$46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home \$13 million. Not too shabby.



Jennifer Lopez ALL PHOTOS GETTY IMAGES

Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the

upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

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about how much love she will receive vs how many times her tail will be pulled. Please consider Star for adoption; we know she will be grateful to have a place to call home.

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The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu



Upward row

- Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
- Lift the handles or ends of the band up until they reach the point right under the chin.
- Slowly bring the arms all the way down in a controlled motion.
- Do 30 reps.

Back rows

- In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
- Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
- Do 30 reps.

Military press

- Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
- Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

- Lie down on a bench (you want to be on your chest) and hug the front of the bench.
- Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
- Do 30 reps.

Side and front raise combination

- Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
- Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

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Dr. Stephanie Schellenberg (Smith)

Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

1. Cut the tenderloin cross-wise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set aside. This step can be done up to 24 hours ahead.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly

charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

5. Once the cherries have cooled, add the onion, garlic,

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. **THE ASSOCIATED PRESS**

Health Solutions

Everything is just peachy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boil-

ing water for 15 seconds to remove peel, pull pit and blend in.

- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.

- Pan fried in butter as a yogurt topping.

- Brushed with butter and grilled as a side dish to fish.

- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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How to avoid the 7-day ramen diet



YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:

There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

2. One-time expenses:

Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:

Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:

Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:

This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment,

clothing and take out. Be honest with yourself.

6. Juggle:

Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:

Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:

There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Narcissists on the job: how to cope

At work. Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on

you and make you feel important. But the author of *Freeing Yourself from the Narcissist in Your Life*, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

Take a step back

Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid be-

ing controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

Protect yourself

Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it. "If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

Kill 'em with kindness

"A narcissist can provide you

Narcissist in your life?

Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise." Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.



Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

TOP SIX @ 6
Weeknights at 6 Jax counts down the HOTTEST songs of the day

6 Katy Perry
Roar

5 Avicii
Wake Me Up

4 Imagine Dragons
Radioactive

3 Miley Cyrus
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NSSL

Dunbrack Think Kitchens wins provincial title

Victoria Parkinson's goal in the 69th minute stood up as the game-winner as Halifax Dunbrack Think Kitchens edged Suburban FC 1-0 to capture the Nova Scotia Soccer League Premier Women's championship at the Mainland North Common Field in Halifax Monday night.

Shannon Junior recorded the shutout victory for Halifax. Dunbrack Think Kitchens will represent Nova Scotia at the 2013 Sport Chek National Club Championships from Oct. 9 to 14, which will be hosted at the Mainland Commons.

Dunbrack Think Kitchens finished the regular season in first place with a record of 11-1-5. **METRO**

Correction

Rangers capture U21 bronze medal

The Tri-County Rangers captured bronze at the Canadian under-21 baseball championship on Sunday. The Dartmouth Juniors finished in fifth place.

Incorrect information appeared in Monday's edition of Metro Halifax. We apologize for the error. **METRO**

Tennis

Federer, Raonic drop in ATP ranks

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Canada's Milos Raonic slipped out of the top 10, dropping one spot to No. 11.

In other changes, Rafael Nadal, who won hard-court titles at Montreal and Cincinnati the last two weeks, rose to No. 2 from No. 3, swapping with Andy Murray. Novak Djokovic remained No. 1.

THE ASSOCIATED PRESS

Rainmen add size on NBL draft night

Big picks. Team owner says fans are in for a treat with new players who will make an immediate impact



ANDREW RANKIN

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Andre Levingston went into Monday night's NBL draft in Markham, Ont., looking for size, and the Halifax Rainmen's owner got exactly that.

With their third overall pick, the Rainmen selected six-foot-eight former NCAA Division I forward Raven Barber out of Mount St. Mary's.

"He's just really, really explosive," Levingston said of Barber. "We think he was the best player in the draft. He's extremely athletic, explosive, has a good feel for the game. We think he has tremendous upside. He has an opportunity to be a very special player."

Averaging five points per game with the Mountaineers last season, the 235-pounder isn't an explosive scorer. But Levingston says Barber more than compensates in other areas.

"He's going to get you a ton of rebounds, blocked shots and he's going to give you that toughness in the paint."

Levingston opted for a six-foot-nine centre, Gerard Devaughn of Stillman College, with the team's No. 5 overall pick.

"He's a beast," Levingston



Rainmen owner Andre Levingston, right, poses with the team's fifth overall pick, Gerard Devaughn, at the NBL draft on Monday in Markham, Ont. COURTESY HALIFAX RAINMEN

Quoted

"We think our Halifax fans are going to love watching these guys play." Rainmen owner Andre Levingston

said. "He'll pound you, hit you, has great hands, great instincts around the basket. He can be one of the best big guys in the league."

Halifax selected five-foot-10 guard Keoni Watson with its third-round pick. After impressing Levingston

and coach Chris Terrell at the league combine over the weekend, the Rainmen decided to take a chance on the former Idaho Vandals guard.

"He's going to have to show that he can play at this level. We've given him the opportunity to do that," Leving-

ston said.

The Rainmen traded away their 15th and 24th overall picks to the Windsor Express for a first-round pick in the 2014 draft. Levingston said many of the Rainmen roster spots have been settled and he wanted to position the franchise for a top-tier player.

In the end, he said he got exactly what he wanted.

"One thing we wanted to do is get bigger; we didn't have a lot of size. We're really excited about these guys."

Herd sign Darveau, Watt and Jacques

The Halifax Mooseheads signed three players on Monday.

Forward Vincent Watt, defenceman Jacob Jacques and goalie Kevin Darveau will all start the regular season with the Herd.

Due to Quebec's school registration deadline for CEGEP, the Mooseheads were forced to make a decision on whether to keep the trio on Monday.

Mooseheads head coach Dominique Ducharme said he was confident the team picked the right players.

"That's one forward, one

goalie and one D. They're obviously different players but they have qualities to be playing in our league, said Ducharme. "They'll be fighting for a spot to play."

About Watt, the Herd's 2013 fourth-round pick, Ducharme said the Mooseheads are getting a versatile, complete player.

"It's still early; he's a young guy," said Ducharme. "But he's physical, he plays a simple game."

For now, Ducharme said Darveau, whom the Mooseheads acquired from the Drummondville Voltigeurs



on Friday, will back up No. 1 goalie Zach Fucale.

Jacques, the Herd's last

pick (254th overall) in last June's draft, also earned a spot on the club.

"He's got a nice story," said Ducharme. "He's the last guy picked in the draft. He showed up here not looking back, but just thinking about the opportunity he had to show he can play in this league, and he did that."

"We like his composure on the ice. He's smart. He's played well."

Currently 17 forwards, 13 defencemen and four goalies remain on the Mooseheads pre-season roster.

ANDREW RANKIN/METRO



Despite being suspended, Alex Rodriguez is playing pending an appeal, which is not expected to be decided by an arbitrator until at least November. GETTY IMAGES FILE

Rift between A-Rod and Yanks deepens

Crossing the boss.
GM calls atmosphere with polarizing star 'a litigious environment'

Life with Alex Rodriguez breaks down in strange ways for the New York Yankees.

There's before and after games, and it's not real pleasant. "A litigious environment," general manager Brian Cashman calls it.

Then there are the hours when A-Rod is on the field and at the plate. Between the lines, among the pinstripes, it's one for all and all for one.

They co-exist in a setting that has few if any parallels in baseball history — a suspended star who is appealing his penalty and provoking his bosses on a near-daily basis.

Hardly a Field of Dreams scenario, far from The Pride of the Yankees. Instead, the most famous team in the sport is dir-

ectly at odds with its own guy, who also happens to be the game's highest-paid player.

Yet when Boston pitcher Ryan Dempster hit Rodriguez with a fastball at Fenway Park on Sunday night — after throwing one pitch behind A-Rod's knees and two more inside — the New York bench and bullpen immediately emptied to defend him.

"I'm not sure how I would feel if I was on a different team," said centre-fielder Brett Gardner, "but Alex is my teammate and obviously we're glad to have him back in the room and glad to have him back on the field, helping us win ball games. It got us fired up."

That's more than Rodriguez and Cashman are saying to each other.

"I'm not comfortable talking to Alex on this stuff because I feel we're in a litigious environment," Cashman said Sunday. "Hello. Goodbye. And that's it. Because anything else, I don't want to be distorted, to

League challenge

A lawyer for Alex Rodriguez declined MLB's challenge to make public the drug evidence that led to the 211-game suspension of the New York Yankees star.

- The MLB's Rob Manfred urged lawyer Joseph Tacopina on Monday to waive his client's confidentiality so the documents could be released.

be quite honest."

Not quite the ideal relationship between boss and employee.

New York owes Rodriguez \$86 million from 2014-17, and A-Rod says he hopes to reconcile with Yankees team president Randy Levine and Cashman.

"It's a very complicated situation but we're doing the best we can." **THE ASSOCIATED PRESS**

See you next year

Pujols' season over, Angels say

The Los Angeles Angels say slugger Albert Pujols is done for the season because of an injured left foot.

Pujols hasn't played since July 26. He had been saying he wanted to return when his partially torn plantar fascia healed.

Pujols, 33, hit .258 with 17 home runs and 64 RBIs this year. This is the first time the three-time NL MVP finished with fewer than 30 homers in his 13-season major-league career. **THE ASSOCIATED PRESS**

Strange promo

Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The Triple A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday's game. Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one. **THE ASSOCIATED PRESS**

Miguel Cabrera. Stats suggest reigning AL MVP is the best ever at age 30

Miguel Cabrera flashed his playful, boyish grin when pressed to explain how he's doing what just some of the game's greats have done.

"Magic," he said, sitting in front of his locker as a handful of reporters encircled him.

While even those who watch the Detroit Tigers on a daily basis struggle to describe what Cabrera is doing and those on opposing teams can only marvel, Cabrera is creating his own place in baseball history.

Despite 50 years of experience in professional baseball, Tigers manager Jim Leyland said he hasn't seen anyone do what Cabrera is doing at the plate.

There's a reason for that. No one has seen it.

Cabrera is the only player in major-league history with at least 1,962 hits, 410 doubles, 361 homers and 1,243 RBIs at the age of 30 years and four months, according to STATS LLC.

The reigning Triple Crown winner has a shot to become baseball's first player to lead a league in batting average, home runs and RBIs in consecutive seasons. Only Ted Williams



Miguel Cabrera celebrates after hitting a walk-off homer to push the Tigers past the Royals 6-5 on Saturday. GREGORY SHAMUS/GETTY IMAGES

and Rogers Hornsby have twice won Triple Crowns in a career — Williams in 1947 and 1942; Hornsby in 1925 and 1922.

The defending AL MVP, whose banged-up body got a much-needed day of rest Monday, is leading the major leagues with a .360 average and 120 RBIs. Cabrera's 40 homers trail only Baltimore's Chris Davis, who hit his 45th Sunday.

"He's the best player in baseball," Kansas City Royals manager Ned Yost said. "It's as simple as that."

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	73	53	.579	—
Tampa Bay	71	52	.577	½
Baltimore	67	57	.540	5
New York	64	59	.520	7½
Toronto	57	67	.460	15

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	51	.589	—
Cleveland	66	58	.532	7
Kansas City	64	59	.520	8½
Minnesota	54	69	.439	18½
Chicago	49	74	.398	23½

WEST DIVISION

	W	L	Pct	GB
Texas	72	53	.576	—
Oakland	70	53	.569	1
Seattle	57	66	.463	14
Los Angeles	55	68	.447	16
Houston	41	83	.331	30½

Monday's results

N.Y. Mets 6 Minnesota 1
Tampa Bay 4 Baltimore 3
Texas 16 Houston 5

Cleveland at L.A. Angels

Seattle at Oakland

Sunday's results

Baltimore 7 Colorado 2
Chicago White Sox 5 Minnesota 2
Detroit 6 Kansas City 3
Houston 7 L.A. Angels 5

N.Y. Yankees 9 Boston 6

Oakland 7 Cleveland 3

Seattle 4 Texas 3

Tampa Bay 2 Toronto 1 (10 innings)

Tuesday's games — All Times Eastern

Toronto (Rogers 3-7) at N.Y. Yankees (Nova 6-4), 1:05 p.m. (Game One)

Tampa Bay (Cobb 7-2) at Baltimore (Gonzalez 8-5), 7:05 p.m.

Toronto (Buehrle 9-7) at N.Y. Yankees (Hughes 4-12), 7:05 p.m. (Game Two)

Minnesota (Pelfrey 4-10) at Detroit (Porcello 9-6), 7:08 p.m.

Houston (Cosart 1-0) at Texas (Blackley 1-1), 8:05 p.m.

Chicago White Sox (Danks 2-10) at Kansas City (Santana 8-6), 8:10 p.m.

Cleveland (Salazar 1-1) at L.A. Angels (Wilson 13-6), 10:05 p.m.

Seattle (Saunders 10-12) at Oakland (Gray 1-1), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	76	48	.613	—
Washington	60	64	.484	16
New York	57	66	.463	18½
Philadelphia	55	69	.444	21
Miami	48	75	.390	27½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	72	51	.585	—
St. Louis	72	52	.581	½
Cincinnati	71	54	.568	2
Chicago	54	70	.435	18½
Milwaukee	54	71	.432	19

WEST DIVISION

	W	L	Pct	GB
Los Angeles	72	52	.581	—
Arizona	64	59	.520	7½
Colorado	58	68	.460	15
San Diego	56	68	.452	16
San Francisco	55	68	.447	16½

Monday's results

Chicago Cubs 11 Washington 1
Cincinnati 5 Arizona 3
Miami 6 L.A. Dodgers 2
Philadelphia 5 Colorado 4

St. Louis 8 Milwaukee 5

Pittsburgh at San Diego

Boston at San Francisco

Sunday's results

Arizona 4 Pittsburgh 2 (16 innings)

Atlanta 2 Washington 1

Cincinnati 9 Milwaukee 1

Miami 6 San Francisco 5

Philadelphia 3 L.A. Dodgers 2

San Diego 4 N.Y. Mets 3

St. Louis 6 Chicago Cubs 1

Tuesday's games — All Times Eastern

Colorado (De La Rosa 12-6) at Philadelphia (Cloyd 2-2), 7:05 p.m.

Arizona (Corbin 12-3) at Cincinnati (Cingrani 6-2), 7:10 p.m.

L.A. Dodgers (Capuano 4-6) at Miami (Turner 3-4), 7:10 p.m.

Atlanta (Beachy 2-0) at N.Y. Mets (Wheeler 5-2), 7:10 p.m.

Washington (Haren 7-11) at Chicago Cubs (Rusin 2-2), 8:05 p.m.

St. Louis (Lynn 13-6) at Milwaukee (Lohse 8-8), 8:10 p.m.

Pittsburgh (Burnett 5-8) at San Diego (Ross 3-5), 10:10 p.m.

Boston (Peavy 9-5) at San Francisco (Vogelsong 2-4), 10:15 p.m.

CFL

WEEK EIGHT

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Sunday's result

Toronto 36 Edmonton 33

WEEK NINE

Thursday's game — All Times Eastern

B.C. at Montreal, 7:30 p.m.

Friday's game

Calgary at Toronto, 7:30 p.m.

Saturday, August 24

Winnipeg at Hamilton, 1 p.m.

Saskatchewan at Edmonton, 4 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	25	11	8	6	36	25	39
New York	25	11	8	6	36	31	39
Montreal	23	9	3	11	34	35	38
Philadelphia	25	10	7	8	36	32	38
Houston	23	10	7	6	29	23	36
New England	24	9	9	6	29	23	33
Chicago	23	9	10	4	29	34	31
Columbus	24	8	11	5	29	30	29
Toronto	24	4	12	8	21	33	20
D.C.	24	3	17	4	14	40	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	25	12	8	5	41	30	41
Colorado	26	10	7	9	33	27	39
Portland	23	9	3	11	34	22	38
Los Angeles	24	11	9	4	39	32	37
Vancouver	24	10	8	6	36	32	36
Seattle	24	10	8	4	30	26	34
San Jose	25	9	10	6	26	35	33
Dallas	24	8	7	9	31	35	33
Chivas USA	23	4	13	6	20	40	18

Wednesday's games — All Times Eastern

Dallas at Chivas USA, 10:30 p.m.

Real Salt Lake at Portland, 11 p.m.

Friday's game

Kansas City at Chicago, 8:30 p.m.

Horoscopes

Aries

March 21 - April 20

Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

Taurus

April 21 - May 21

Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

Gemini

May 22 - June 21

Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

Cancer

June 22 - July 23

Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once — so start doing it now.

Leo

July 24 - Aug. 23

You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

Virgo

Aug. 24 - Sept. 23

Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

Libra

Sept. 24 - Oct. 23

Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

Scorpio

Oct. 24 - Nov. 22

The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

Sagittarius

Nov. 23 - Dec. 21

Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

Capricorn

Dec. 22 - Jan. 20

Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

Aquarius

Jan. 21 - Feb. 19

A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

Pisces

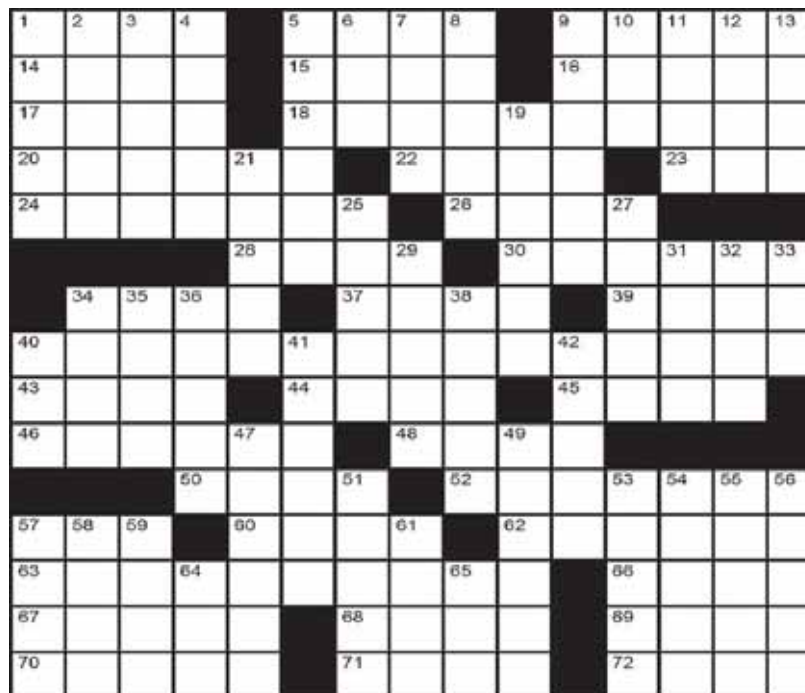
Feb. 20 - March 20

A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the ___ Arts, in Calgary
20. Cite as evidence
22. Tea type, ___ Grey
23. Opera classic: "O Sole ___"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France ___
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. ___ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens



52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. ___ House, Saskatchewan
66. Pond 'plant'
67. More right sound-ing

68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down

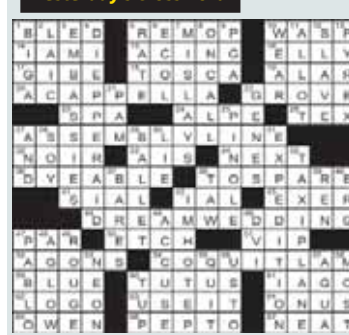
1. Parrot

2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric current
6. Arctic explorer, John ___
7. NBC's "Chicago ___"
8. Couches
9. Arthurian wizard

10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem,

- with Havoc
31. Car rental company
32. The Bee ___
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as ___
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. ___ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel ___
59. Self-satisfied
61. Curse
64. ___ Folds Five
65. Author, Anais ___

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



24°/16°
Partly cloudy

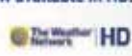
Wednesday



21°/16°
Variable

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